

Champions Training Centre JANUARY 2007 NEWSLETTER

WELCOME

WELCOME TO THE JANUARY EDITION OF THE CHAMPIONS TRAINING CENTRE NEWSLETTER!
HAPPY NEW YEAR!!! WE HOPE YOU HAD A SAFE AND HAPPY HOLIDAY SEASON!

MISSED SESSOINS

JUST A REMINDER: IF YOU ARE GOING TO BE AWAY, PLEASE CALL 519-624-4532 AND REMEMBER TO PRESS # 2. TO NOT BE CHARGED FOR THE LESSON, YOU ARE REQUIRED TO CALL BEFORE THE SESSION STARTS!!!! THANK YOU FOR YOUR CONTINUOUS CO-ORPORATION IN THIS MATTER!

SKATERS AND COACHES NEWS

IT'S GREAT TO SEE ASHLEIGH LAINE BACK ON THE ICE AFTER BEING OFF THE ICE SO LONG DUE TO AN INJURY!

CHELSEA CORNER HAS SUFFERED A LEG INJURY. WE HOPE TO SEE YOU BACK ON THE ICE SHORTLY.

WE WOULD LIKE TO CONGRATULATE THE SKATERS THAT QUALIFIED THROUGH TO NATIONALS. YOU DID AN AMAZING JOB! OUR TEAM IS LISTED BELOW! GOOD LUCK AT NATIONALS.

ANDREE MORIN WAS THE ALTERNATE FOR THE NOVICE LADIES CATEGORY FOR WESTERN CHALLENGE. SHE FOUND OUT ON THE FRIDAY MORNING OF WESTERN CHALLENGE THAT SHE WAS GOING, DUE TO THE INJURY OF ANOTHER SKATER!!!! IT WAS QUITE AN EXPERIENCE GETTING ANDREE TO MONCTON THAT DAY. ROB SCHULTZ WAS ALSO HAVING A DIFFICULT TIME GETTING TO MONCTON THAT DAY. THEY FLEW ON THE ONLY SNOWSTORM DAY OF DECEMBER!!!!!! WE WERE HAPPY TO HEAR THAT BOTH ROB AND ANDREE MADE IT TO WESTERN CHALLENGE TO COMPETE.

ON DECEMBER 8, 2006 THE REGIONAL TEAM PARTY WAS HELD AT THE KINSMEN HALL. WE WOULD LIKE TO THANK ALL THOSE WHO PARTICIPATED. THIS YEAR, MANY OF THE SKATERS DEMONSTRATED THEIR SKILLS OUTSIDE OF SKATING. IT WAS GREAT TO WATCH! WE HAD DANCING, SINGING, PLAYING THE PIANO & A MAGIC TRICK!!! A SPECIAL THANK YOU TO THE PRESTON BOARD WHO ORGANIZED THE TEAM DINNER.

ICE SHOW APPLICATION FORMS ARE NOW PAST DUE!

NICHOLAS VINK FOR SINGLES, ZOXY BROWN AND IAN BEHARRY FOR PAIR HAVE BEEN INVITED TO ATTEND THE CANADIAN WINTER GAMES IN MARCH! WHAT AN AMAZING EXPERIENCE IT WILL BE!!!! CONGRATULATIONS!!!!

ON DECEMBER 22, 2006, PRESTON HELD IT'S ANNUAL CHRISTMAS SKATE PARTY! A GREAT TIME WAS HAD BY ALL!

IF YOU ARE A HOME CLUB PRESTON MEMBER, YOUR SKATE CANADA CARD SHOULD BE LOCATED IN YOUR MAILBOX. PLEASE DO NOT LOOSE THIS CARD! IF YOU DO NOT HAVE ONE, PLEASE CONTACT THE PRESTON CLUB OFFICE.

JUNIOR NATIONAL TEAM:

WHEN YOU SEE YOUR FELLOW TEAM PRESTON MEMBERS, REMEMBER TO WISH THEM A GREAT SKATE!

- JUVENILE PAIR: AVELINE PEARSON & MATT RACO
- PRE-NOVICE LADIES: ZOXY BROWN
- PRE-NOVICE MEN: NICHOLAS VINK
- PRE-NOVICE PAIR: ZOXY BROWN & IAN BEHARRY, KRISTEN TIKEL & CHARLES MORRIS
- NOVICE MEN: IAN BEHARRY, CHARLES MORRIS
- NOVICE PAIR: JORDAN HUNT & ROB SCHULTZ

SENIOR NATIONAL TEAM:

WHEN YOU SEE YOUR FELLOW TEAM PRESTON MEMBERS, REMEMBER TO WISH THEM A GREAT SKATE!

- JUNIOR MEN: ROB SCHULTZ
- JUNIOR PAIR: CHELSEA CORNER & BILLY EATON
- SENIOR LADIES: ANGIE PHILLIPS
- SENIOR PAIR: ANGIE PHILLIPS & GORD WILLEMSE

TEST DAY INFORMATION

THE NEXT TEST DAY IS TENTATIVELY SCHEDULED FOR {EVALUATED TESTS – TUESDAY JANUARY 30TH, 2007}; ONCE THE FINAL TEST LIST IS ANNOUNCED FOR EACH TEST DAY, THE SKATERS WILL RECEIVE AN ENVELOPE FROM THE COACH THAT SUBMITTED THE TEST. THIS ENVELOPE IS DUE BACK INTO THE TEST BOX (LOCATED IN THE STORAGE ROOM IN HESPELER ARENA OR IN THE PRESTON CLUB OFFICE) ONE WEEK BEFORE TEST DAY. PLEASE MAKE SURE YOU FILL OUT ALL OF THE REQUESTED INFORMATION IE: SKATE CANADA NUMBER. MORE INFORMATION TO FOLLOW. THE RESULTS OF THE TEST DAY ARE POSTED ON THE CTC WEBSITE: WWW.CHAMPIONSTC.COM

FUTURE EVENTS

DENNIS SILVERTHORNE, FORT ERIE, JANUARY 12 – 14, 2007
REGIONAL CLUB COMPETITION, TENTATIVELY SCHEDULED FOR JANUARY 16, 2007
SENIOR NATIONALS JANUARY 14 – 21, 2007

IMPORTANT DATES

JANUARY 5, 2007	NO AFTERNOON SKATING AT HESPELER ARENA MAKE-UP PILLERS ARENA 1:00PM – 3:00PM
JANUARY 6, 2007	NO SKATING AT PRESTON AUDITORIUM
JANUARY 12 – 14, 2007	DENNIS SILVERTHORNE COMPETITION
JANUARY 12, 2007	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 12, 2007	NO TICKET ICE AT HESPELER ARENA
JANUARY 13, 2007	NO SKATING AT PRESTON AUDITORIUM
JANUARY 14 – 21, 2007	SENIOR NATIONAL CHAMPIONSHIPS
JANUARY 15/16, 2007	TENTATIVE REGIONAL CLUB COMPETITION
JANUARY 19, 2007	NO SKATING AT HESPELER IN THE AFTERNOON
JANUARY 19, 2007	NO TICKET ICE AT HESPELER ARENA
JANUARY 20, 2007	NO SKATING AT PRESTON AUDITORIUM
JANUARY 27, 2007	SKATE-A-THON, PRESTON AUDITORIUM
JANUARY 30, 2007	TENTATIVE TEST DAY, PRESTON AUDITORIUM
FEBRUARY 1 – 4, 2007	JUNIOR NATIONAL CHAMPIONSHIPS
FEBRUARY 2 – 4, 2007	LYLE MCPHEDRAN COMPETITION

PRESTON FSC NEWS

THE PRESTON FSC WOULD LIKE TO THANK EVERYONE THAT PARTICIPATED IN THE MACMILLANS & THE SHOP AND SUPPORT CARD FUNDRAISER! THEY WERE A HUGE SUCCESS!!!!

WE ARE CONTINUING TO COLLECT ZEHRS TAPES. THERE IS A BOX IN THE STORAGE ROOM @ HESPELER ARENA OR AT THE PRESTON CLUB OFFICE, PLEASE DROP YOUR ZEHRS RECEIPT TAPES THERE!

THE PRESTON FSC WILL ONCE AGAIN BE HOSTING A SKATE-A-THON. THIS EVENT WILL BE HELD ON JANUARY 27, 2007. THE EVENINGS ACTIVITIES WILL START AT 8:00PM. MORE INFORMATION IS AVAILABLE ON THE PRESTON WEB-SITE OR AT THE PRESTON CLUB OFFICE.

THE PRESTON WEB-SITE IS: WWW.PRESTONFSC.COM.

COMPETITION NEWS

LYLE MCPHEDRAN CONFIRMATIONS WILL BE MAILED OUT TO YOU. **PLEASE CALL THE CTC OFFICE WITH YOUR CONFIRMED EVENT TIME(S) AND FLIGHT NUMBER(S).**

ALL COMPETITION RESULTS WILL BE POSTED ON THE CHAMPIONS TRAINING CENTRE AND PRESTON FSC WEBSITES.

PRO-SHOP

AT THE CTC OFFICE WE OFFER A NUMBER OF SKATING SUPPLIES! IF YOU REQUIRE TIGHTS, LACES – WHITE OR BLACK, CLEAR SKATE TAPE, BLADE COVERS, TWISTERS, SKATE GUARDS OR GEL PADS YOU CAN PURCHASE THEM FROM US. IT'S VERY EASY – JUST PHONE 519-622-8551, PLACE YOUR ORDER AND WE WILL BRING IT TO THE ARENA FOR YOU!

GOLD TEST MEDALLISTS AS OF DECEMBER 31, 2006

CONGRATULATIONS!

JENNY PETERS – GOLD DANCE

PARENTS CORNER

WRITTEN BY ALISON PURKISS

Whether you're gearing up for the biggest event of your season or beginning the preparations for next year's competitions (ladies...the year of the spiral sequence!) the key to every skater's success is also the most often overlooked....flexibility! From bending your schedule to accommodate your partner's school project to bending your body to achieve a level 4 spin, the ability to stretch and adapt is imperative in our sport. You have all no doubt heard me and your other coaches' harp about extension and finish in the choreographic aspects of your programs, your elements and even in our ice show. I did a little research that hopefully will give you a little added incentive to get stretching! As it turns out....flexibility can do a lot more for you than increase your competition scores! So, what is the big deal about flexibility?

- Flexibility increases physical efficiency and performance. A flexible joint has the ability to move farther in its range and requires less energy to do so.
- Flexibility decreases risk of injury. Most professionals agree that increasing ROM (range of motion) decreases the resistance in various tissues, and a person is therefore less likely to incur injury by exceeding tissue extensibility, or maximum range of tissues during activity.
- Flexibility increases blood supply and nutrients to joint structures.
- Flexibility training increases tissue temperature which in turn increases circulation and nutrient transport. This allows greater elasticity of surrounding tissues.
- Flexibility provides increased quality and quantity of joint synovial fluid. Increasing the quantity and decreasing the viscosity, or thickness, of synovial fluid enables more nutrients to be transported to the joint articular cartilage. This allows more freedom of movement and has a tendency to decelerate joint degenerative processes.
- Flexibility increases neuromuscular coordination. Studies have shown that nerve impulse velocity (the time it takes an impulse to travel to the brain and return) is enhanced with flexibility training. In attuning the central nervous system (CNS) to the physical demands placed upon it, opposing muscle groups work in a more synergistic or coordinated fashion.
- Flexibility training reduces muscle soreness. Recent studies have indicated that stretching is extremely effective in reducing localized, delayed muscular soreness "**after**" exercise. Now that you know the importance of flexibility, go do it!